



Cooking with OFS

With Mary

Recipe

BLACK BEAN STEW



For # people

4- 6 servings



Cooking time

45 minutes

Ingredients:

- 2 Tablespoons cooking oil
- 6 cups cooked black beans
- (or 3 cans 540 mL, drained and rinsed)
- 2 medium onions, chopped
- 2 cups bell pepper, chopped
- (any colour)
- 4 cloves garlic, chopped
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon salt to taste (any salt)
- 1/2 teaspoon ground black pepper to taste
- 1 vegetable bullion (any flavour) (optional)
- 1 bay leaf
- 3 cups cooked black beans liquid (if using canned black beans, use water or any broth)

Directions:

- Add oil to a large saucepan over medium-high heat.
- When oil is hot, stir in the onions. Cooked for about 2 mins. Stir occasionally.
- Stir in garlic and species. Cook for about a minute.
- Stir in bell peppers. Cook for about 3-5 mins on medium heat. Stir occasionally.
- Stir in black beans. You could stir in the black beans when you added the peppers.
- Stir in the liquid, cover, reduce heat when it boils and simmer for about 5 minutes. Stir occasionally.
- Turn heat off. Remove bay leaf.
- To make a creamy sauce, mash the black beans with a spatula or fork; or blend the black beans briefly with an immersion blender. Mash them until you get the consistency you like.
- Taste the black beans and adjust seasoning to taste.
- Suggested garnishes, toppings or sides: chopped cilantro, green onion, parsley, mints, pepper rings, yogurt, cucumber, tomatoes, olives, sliced avocado, tortilla chips, sour cream, grated cheddar cheese, baked potatoes, rice, pasta, salads, plantains, arepas, cassava, tortillas, etc.



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Notes:

Pre-soaking black beans reduces cooking time and improves their texture. First, rinse the beans to remove any dirt. Then place them in a colander and pick through the beans to be sure there are no small twigs or stones. There are two soaking methods: Overnight and quick-soak.

- **Overnight method:** Place the beans in a large enough container to allow for expansion and cover with two inches of water. Let the beans sit overnight. Before cooking the next day, drain the beans, rinse them again and drain them.
- **Quick-soak method:** Place the beans in a large pot and cover with water; bring to a boil and continue to boil for two minutes. Remove from the heat and let sit for two hours. Before cooking, drain and follow cooking directions. The quick-soak method might cause your beans to break-up when cooking. Use the overnight method for dishes where it is essential the beans stay whole, such as in salads and salsas. If it is hot in your kitchen, refrigerate black beans while they soak to prevent fermentation.
- To cook the beans, bring to a boil, then reduce the heat and keep them at a low simmer, covered, for roughly one to two hours. Stir them from time to time to prevent them from sticking to the pot. Older beans take longer to cook. Fresher dried beans will have retained more moisture and cook in less time. You'll have to sample a bean during cooking to see if they're done.
- If additional water is needed during the cooking process, add boiling water rather than cold water.
- During the cooking process, do not add salt or acidic ingredients such as lemon, vinegar, wine, or tomatoes until the beans are nearly done. Adding them earlier can change the texture of the beans and make them tough.
- Once the beans are fully cooked, add them to your favourite recipes or simply season them with a little salt and olive oil and enjoy them in their purest state.

To cook the soaked black beans in a pressure cooker: In the pressure cooker, the beans are cooked in water, the water level should be at least two inches above the beans, you can add one tablespoon of butter or lard to reduce the foam. When the time is up (10-12 minutes), turn off the heat. Allow the pot to cool down and release pressure naturally before unlocking and removing the lid.

- Black beans take around 25 minutes to cook in the pressure cooker if they have not been pre-soaked.
- **Leftover bean stew freezes for up to 3 months.**